

## Tools and Resources for Depression

Depression screening tools can help primary care practitioners identify individuals with depressive symptoms and help determine whether a referral for further evaluation and treatment is necessary. However, it is important to note that screening tools are not diagnostic tools. Some symptoms cannot be explained or discovered through a simple self-report questionnaire. Specific instructions for administration, scoring, and follow-up available for use with each tool should be followed.

### Sample Depression Screening Tools

**The HANDS™** manual and screening tool, as well as permission for use may be requested through:  
Harvard Department of Psychiatry/National Depression Screening Day Scale  
One Washington Street, Suite 304, Wellesley Hills, MA 02481-1706  
(781) 239-0071 or (781) 431-7447  
<http://www.nmisp.org> and <http://www.nmisp.org/dep/dep-hands.htm>

**Center for Epidemiological Studies Depression Scale** - for children & adults - (no cost)  
NIMH, 6001 Executive Blvd. Room 8184, MSC 9663, Bethesda, MD 20892-9663; (301) 443-4513

**The Beck Depression Inventory (BDI)** tool and manual (fee) - for children & adults  
Psychological Corporation, 555 Academic Court, San Antonio, Texas 78204; (210) 299-1061

**Children's Depression Inventory (CDI)** tool and manual (fee)  
Multi-Health Systems, 908 Niagara Falls Blvd., North Tonawana, NY 14120-2060; (800) 456-3003

A fact sheet on depression in children is available at:  
<http://www.nimh.nih.gov/publicat/depchildresfact.cfm>

**Zung Self-Rating Depression Scale** & instructions for use are available through your local Eli Lilly representative or by calling 1-800-LillyRx

**Prime-MD Today, Evaluation of Mental Disorders** & instructions for use are available through your local Pfizer representative

### Additional resources

Shulberg HC, Katon W, Simon GE, Rush AJ, Treating major depression in primary care practice: An update of the Agency for Health Care Policy and Research Practice Guidelines, *Archives of General Psychiatry* 55, 1121-1127, 1998.

Garrard, Rolnick SJ, Nitz NM, et al, Clinical detection of depression among community-based elderly people with self-reported symptoms of depression, *Journal of Gerontology: Medical Sciences* 53A (3), M92-M101, 1998. (This study used the Geriatric Depression Scale (GDS) in primary care settings).

Wells KB, Sherbourne C, et al, Impact of Disseminating Quality Improvement Programs for Depression in Managed Primary Care: A Randomized Controlled Trial, *JAMA*, 283: (2), 212-220, 2000.

Contact the **National Institute of Mental Health** at 301-443-4513 or search NIMH's home page:  
[www.nimh.nih.gov](http://www.nimh.nih.gov).

**Source:** WI Diabetes Advisory Group, *Essential Diabetes Mellitus Care Guidelines* (revised edition, April 2001)